

KASH REGISTER

Official Newsletter of the Kentucky Association for School Health

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PRESIDENT'S REPORT Bonnie Ciarroccki, 2000 –2001

Dear KASH Members,

The KASH Board and consultants are serious about increasing the number of KASH members this year. We set some specific objectives at the last board meeting. When we achieve our objective we will have increased by 10% in each membership category. Please help us succeed by talking to your colleagues, friends, relatives, professors, and college mates about KASH. Let them know that that the KASH mission is to provide strong leadership and advocacy at state and local levels, in order to ensure lasting improvements in the quality of health and life of children in the Commonwealth of Kentucky.

When they join, they will receive information about the upcoming KASH Conference, the *KASH Register* issues, and if they are a student, they are eligible for our student scholarship. Their membership will also help them build networks and relationships with other organizations and individuals striving

to improve the quality of health for our children. We can accomplish so much more with a larger number of members. When you encourage them to join, if you need any help, or maybe brochures, or additional newsletters, please contact the KASH Board or consultants. We will be glad to help.

Be on the lookout for upcoming information about the 2001 KASH conference. We are again dialoguing with KPHA on a joint conference in the early spring. We will keep you posted. Don't forget my request in the last newsletter about needing your help to plan and conduct the conference. Please, please, please call, email or write us to volunteer to help with the conference.

Remember also to check out the website www.kyschoolhealth.org to get an idea of how you can help us complete our website's comprehensive school health components areas. You can help by providing us feedback and by providing some information, lessons and activities that we can include on the site.

CRISIS RESPONSE TEAMS AVAILABLE 24 HOURS A DAY

The state crisis response teams were formed in the aftermath of the May 14, 1988 bus crash in Carrolton which killed 24 students and 3 adults from Radcliff Assembly of God Church. In July 1996, the Kentucky Community Crisis Response Board was created by the General Assembly and became law. The following April, an executive director and staff were hired to manage daily operations and coordinate the state crisis response team which ensures an organized, rapid, and effective response in the

aftermath of a crisis or disaster. The KCCRB credentials and maintains a state-wide network of mental health professional volunteer responders and sends response teams to crisis sites. **The 24-hour toll-free phone number is 888-522-7228.**

The KCCRB is currently planning the following fall courses:

- basic critical incident stress management (14 contact hours)
- advanced critical incident management (14 contact hours)
- individual crisis intervention and peer support (14 contact hours)

For more information, contact Linda Probus at 888-522-7228 extension 23, or pro-

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busla@bngc.dma.state.ky.us. The KCCRB web page can be accessed by going to www.kde.state.ky.us. Click on KDE organizational units; under Office of District Support Services, click on Division of Student/Family /Community Support Services; then, click on Counseling/Crisis Service; then click on Kentucky Community Crisis Response Board.

Results from Legislation 2000

Terry Vance

HB 157 – Representative Robert Damron

AN ACT relating to character education. Defines “character education”; adds core values and qualities of good character to make moral and ethical decisions in life to the capacities students will be assisted in acquiring by the system of public education; requires schools to develop their students’ ability to become self-sufficient individuals of good character; requires the Kentucky Board of Education to include strategies to incorporate character education throughout a school’s curriculum in the state model curriculum framework; adds strategies to incorporate character education throughout a school’s curriculum to the areas that may be covered by optional professional development programs provided by the Kentucky Department of Education; specifies that character education programs and activities be considered components of actual school work constituting a school day; adds the development of core values and qualities of good character to the list of training needs for students to be included in school safety and student discipline assessments.

HB 564 – Representative Ruth Palumbo

AN ACT relating to immunizations. Requires immunization certificate for hepatitis B for sixth grade children within two weeks of the child’s attendance; authorizes the Cabinet for Health Services to promulgate administrative regulations; sunsets the requirement fol-

lowing the 2008-2009 school year. **This requirement is expected to be effective for the 2001-2002 school year, which typically begins in August for most Kentucky Schools.**

HB 640 – Representative Frank Rausche, et al.

AN ACT relating to family resource and youth services centers and declaring an emergency. Requires the eligibility criteria for locating family resource and youth services centers to be based on the school population qualifying for free or reduced price school meals; requires that grant program funding to the Cabinet for Families and Children include an increase equal or greater than the general fund growth factor provided in agency budget instructions; requires local districts to provide the same salary rate adjustment for classified employees of centers as provided for other local board of education employees in the same classification.

HB 706 – Representative Tom Burch, et al.

AN ACT relating to early childhood development. Establishes community early childhood councils in each service area to include representatives of family resource centers and school districts to develop a needs assessment and budget proposal; requires a vision examination for all students upon admission to public schools or by January 1 following entrance to Head Start, preschool or primary, or first-time entrance to the public schools; repeals the Kentucky Early

Childhood Advisory Council.

In addition to the four bills that were passed above, the following are bills that were passed relating to schools.

HJR 101 – The Department of Education is to report on its efforts in promoting strategies to assist school districts in providing a safe student transportation system to the Interim Joint Committee on Education by January 1, 2001.

HB 136 – Each local board of education is to develop and adopt a policy requiring a state criminal records check on all volunteers who have contact with students on a regularly scheduled or continuing basis, or who have supervisory responsibility for children at a school site or on school-sponsored trips.

HB 266 – The board of education of each school district is to develop a policy regarding the possession and use of a personal telecommunications device by a student while on school property or while attending a school-sponsored or school-related activity on or off school property. The policy is to be included in the district’s written standards of student conduct and students subject to discipline accordingly.

SB 229 – The board of each local school district is to establish a tornado emergency procedure. A tornado and earthquake drill that includes a drop procedure and safe area evacuation practice is required at least twice during each school year.

Candidate Forums on Health Issues

These congressional forums are being held on Wednesday, October 30th at 7 pm, at the Embassy Suites in Lexington, Kentucky. The forums are co-sponsored by the: American Lung Association, American Heart Association, American Cancer Society, Kentucky ACTION, Catholic Conference of Kentucky, Kentucky Nurses Association, Kentucky School Nurses Association, Kentucky Dental Hygienists’ Association, Kentucky Parent Teacher Association, and possibly the Kentucky Hospital Association, the Kentucky Public Health Association, and the Kentucky Academy of Family Practice. Ernie Fletcher and

Scotty Baesler will be two forum participants.

There will be three forums with the state legislative candidates this fall: two in Louisville and one in London. Stay tune for the final dates and times.

HEALTH NEWSLETTERS

"Healthy Beginnings", "Healthy Growing", and "Healthy Choices" are newsletters for families produced by Bridge Communications, Inc. The Fall and Spring Newsletters are for families of kids in P-3, 4-5, and 6-8.

Topics covered include:

- Divorce and Its Effect on Children
- "Use Words, Not Fists"
- "Girls and Sports"
- "Why Children Become Violent"
- "Talking About AIDS"
- "Suicide: A Call to Action"
- "A Bully in Your Students Life"
- "Recognizing Adolescent Depression"

Single sets of the three levels of the newsletter are available for \$15.00 from Bridge Communications, 1450 Pilgrim Road, Birmingham, MI 48009. Phone 1-800-808-9314 or email bridge-comm@aol.com. Volume prices are also available.

Visit the web site for downloadable articles from past newsletters at <http://bridge-comm.com>.

EPA AND SCHOOL NURSES TEAM UP AGAINST ASTHMA

The National Association of School Nurses is currently developing asthma training modules to educate school communities on the seriousness of asthma and the environmental triggers which may increase the frequency and severity of asthma episodes. Many school nurses are also using the Tools for Schools Indoor Air Quality kit. For more information on the school nurse/EPA partnership contact Kim Smith at 202-564-9443.

ASTHMA INFORMATION

For information on managing asthma in school, what school staff should look for, what to do for an asthma crisis at school, and asthmatic children in gym class, contact Colleen Horn at the Asthma and Allergy Foundation of America - 202-466-7643 or visit www.aafa.org/.

MEET THE NEW KDE HEALTH AND PHYSICAL EDUCATION CONSULTANT

The Kentucky Department of Education Division of Curriculum Development pronounces a sorrowful goodbye to Ken Gibson as the Health and Physical Education Consultant. He will be moving on to an exciting opportunity in Fayette County Schools.

KDE wants to proudly announce their newest member to the team, Connie Shackelford as the NEW Health and Physical Education Consultant. In the position for only a month, Connie has assisted in the writing workshop of the Cardiovascular Units of Study, reviewed testing questions, assisted in presenting the regional Practical Living/Vocational Studies workshops along with many other tasks set before her.

Connie is a native of Clark county Kentucky and a resident of Fayette county. She brings with her a wealth of experience and education. She has taught over 16 years at the kindergarten through university levels in Clark county and Eastern Kentucky University.

She has earned her Masters in School Health from ECU, B.S. and Physical Education Certification from ECU as well as a B.S. in Park and Recreation Administration with emphasis on therapeutic recreation. She is married with one child and her hobbies include Scuba Diving (quite useful in Kentucky!).

If you would like to meet her, or have questions regarding health and physical education, just give her a call at 502-564-2106. Or, email her at cshackle@kde.state.ky.us.



CAMPS FOR KIDS PROVIDED BY HOSPICE

Camp Evergreen and Tsunami are annual camps for children who are grieving the loss of a loved one. Hospice's Bridges Center conducts the week-end camps in June for 12-17 year olds and in October for 6-11 year olds. Camp Evergreen dates are October 20-22 at Loucon Retreat Center near Leithfield, KY.

These camps allow children to connect with other grieving children in a supportive environment for healing and the expression of healthy grief. Each event can accommodate up to 30 children. Camps are staffed by counselors and a pediatric nurse. Transportation is provided to Loucon from a nearby Hospice site. Parents are asked to attend a memorial service at the end of the camp. For more information and registration forms, contact Teresa Kellam at 502-456-5451 or 1-888-345-8197 or www.hospices.org.



Resources

- ✍ **Kid Source Online** – for parent and teachers k-12. [Http://www.kidsource.com](http://www.kidsource.com).
- ✍ [Http://www.cdc.gov/safeusa](http://www.cdc.gov/safeusa) – provides information on a range of safety topics and links to organizations with additional information.
- ✍ **Family Violence Prevention Fund** – a national non-profit organization dedicated to the elimination of domestic violence. Visit <http://www.fvpf.org>.
- ✍ **National Fire Protection Association** – has *Learn Not to Burn* curriculum for K-3 and information on Fire Prevention Week in October. Visit www.nfpa.org.
- ✍ **The Children's Safety Network** – provides resources and technical assistance to organizations seeking to reduce unintentional injuries and violence to children and adolescents. Visit www.edc.org/HHD/csn.
- ✍ **National Maternal and Child Health Clearinghouse** – has various materials. Visit www.nmhc.org.
- ✍ **The Gateway to Educational Materials** – allows teachers to type a topic, grade level, and other information to retrieve lessons, instructional units, and other free educational materials. [Http://www.thegateway.org](http://www.thegateway.org).
- ✍ **National Association of School Psychologists website** – copies of the *Early Warning Guide* can be downloaded at <http://www.naspsweb.org>.
- ✍ **School Health Index for Elementary and for Middle/High** – Tools to score the 8 components of the Coordinated School Health Program model. [Http://www.cdc.gov/nccdphp/dash](http://www.cdc.gov/nccdphp/dash).
- ✍ **School Health Resource Database** – collection of school policies, packets with key background, customized info searches. Visit www.nsba.org/schoolhealth.
- ✍ **National Walk Our Children to School Day** – Wednesday, October 4, 2000. Visit www.walktoschool-usa.org.
- ✍ **Guidelines for organizing a Walk-To-School program** – Visit <http://www.cdc.nccdphp/dnpa/kidswalk.htm>.
- ✍ **Mayo Clinic** – offers a wide variety of medical information and news on health-related topics. Visit <http://www.mayohealth.org>.
- ✍ Get a tip of the day for improving one's health and nutritional knowledge, and information about the launch of new national health objectives. Visit www.eatright.org.

Maternal and Child Health Conference

The upcoming Maternal and Child Health Conference has several sessions that would be of interest to school health folks. The plenary on Thursday by Tom Klaus will address why and how to fully utilize faith communities as partners in health education and promotion.

In the nutritional track workshops, of interest are nutritional assessment and counseling of the adolescent, food allergies in children, and Type 2 diabetes in children. The child health and development track has workshops on meningitis, immunizations, and pediatric rashes.

Adolescent health issues cover topics such as contraception, oral health and smokeless tobacco, abstinence, and seven sexuality topics that make males uncomfortable. Lead poisoning, farm safety, asthma, drugs and food safety are covered in the environmental issues in children's health.

To receive a complete program and registration info call Marie Withrow at 502-564-2154.



Date Savers

- ☑ **September 13-15, 2000** **2000 Maternal and Child Health Conference**
Galt House, Louisville
"Partnerships in Children's Health"
Pre-conference workshops will be on the 12th. The cost of the conference is \$35.00. To add your name to the mailing list, or for more information contact Lorie Wayne Chestnut at 502-564-2154 extension 3760. (For more info, see article in the right column).
- ☑ **September 25-26, 2000** **Annual Safe School Conference**
Galt House, Louisville
Contact: 1-877-805-4277
- ☑ **October 20-21, 2000** **Kentucky Association of School Councils**
Executive West, Louisville
Contact: Rhonda Harmon at (859) 238-2188.
- ☑ **October 25-29, 2000** **74th Annual American School Health Association (ASHA) School Health Conference**
Radisson New Orleans, New Orleans, Louisiana
"Schools and Communities: Partners for Children's Health". For more info: <http://www.ashaweb.org>
- ☑ **November 1-3, 2000** **FRYSC Fall Institute**
Drawbridge Inn, Ft. Mitchell
- ☑ **November 2-5, 2000** **KAHPERD**
Galt House, Louisville
- ☑ **March 28-29, 2001** **KASH Conference**
Executive West, Louisville
"Schools and Communities: Partners for Children's Health"

FIT, HEALTHY, AND READY TO LEARN

This is a new resource by the National Association of State Boards of Education. This policy guide was developed to help schools implement the CDC – Division of Adolescent and School Health's guidelines for addressing physical inactivity, poor dietary patterns, and tobacco use. It contains sample policies and excerpts of actual state and local policies in an effort to show multiple ways to address the same objective. Each section has a list of additional resources.

The cost is \$22.00 plus shipping and handling. Contact NASBE, 277 South Washington Street, Suite 100, Alexandria, VA 22314. Phone 800-220-5183 or 703-684-4000. Or, visit their website at www.nasbe.org

Healthy Hearts = Healthy Futures Kentucky's Cardiovascular School Health Program

It is four o'clock in the afternoon; do you know where your fourth grader is? Most likely he or she is in front of a television. Only four other states have fourth grade students who watch T.V. longer than Kentucky children (Pritchard Committee). Behaviors that begin in childhood will often continue into adulthood. Behaviors that include physical inactivity, poor nutrition and tobacco use will significantly increase an individual's risk to cardiovascular disease. Research shows that well-designed, well-implemented school physical activity, nutrition, and tobacco-use prevention programs can promote healthy behaviors. If we do not reverse the trend of unhealthy behavior in our children today, we will have more cardiovascular disease than ever before when they reach adulthood. **You can help us reverse this trend!**

Healthy Hearts = Healthy Futures program will be hosting two cardiovascular health forums in each of the eight educational regions. The forums will provide the school and community individuals with a voice. It is a chance to describe the strengths, needs, and barriers of programs on physical activity, nutrition and tobacco-use prevention. This information will be compiled and shared with the statewide cardiovascular health coalition. If you are interested in being a facilitator or attending the forum nearest you, contact the Cardiovascular Health Coordinator in your region. The forums will be held throughout the state during the month of September 2000. Call now so that you do not miss the forum closest to you.

Healthy Hearts = Healthy Futures program has just completed a draft of a P1-12 cardiovascular health curriculum, which is to be piloted in the fall. Seventeen teachers and approximately half a dozen wonderful public health partners were held captive for a week in Bowling Green to write eight Units of Study documents for middle and high school

grades. Along with the elementary units developed last summer through winter, all of the units are creative, mostly original, hands on, and best of all STANDARDS BASED and aligned with Kentucky Program of Studies and Core Content for Assessment! A first round of piloting for the primary and intermediate units was completed this past spring and received a "thumbs up" with a few minor recommendations for change. In all, there are a total of twelve 2-3 weeks long (based on a 50 minute class period each day) Units of Study covering tobacco, nutrition and physical activity for primary, intermediate, middle and high school and four six weeks interdisciplinary Units of Study for the primary, intermediate, middle and high school grades. The interdisciplinary units cover all three areas of cardiovascular disease (physical activity, nutrition and tobacco). In addition the interdisciplinary units can be integrated into other core content classes. If you would like to pilot any of these Units of Study, contact your Cardiovascular Health Coordinator. Teachers piloting will be required to attend 3-6 hour training. They will also receive a small stipend for attending the training plus a sub grant of \$100 for use in purchasing classroom materials.

Are you interested in being a Teacher Specialist? We are looking for a few good teachers to assist in the training and provision of technical assistance to teachers in each region that are piloting the elementary, middle and high school units of study. Each regional service center area will have one teacher specialist concentrating on the elementary units of study and one teacher specialist concentrating on the middle and high school units of study. The teacher specialist will be providing the equivalence of two days of training and follow-up technical assistance at \$200 per day. If you are interested, please call Carol Hanley in the Division of Curriculum Development at 502-564-4137 by August 15, 2000 to receive an application.

FINALLY, *Healthy Hearts = Healthy*

Futures will be awarding sub grants through a competitive application process to schools to assist them in implementing programs that improve the cardiovascular health of the school staff. We hope to have these grants awarded by the end of September 2000. Watch for the Request for Proposals in August!

Cardiovascular Health Coordinators:

Jennifer Embry

Regions 3 & 4
Jefferson County & NKY
Phone: 502-485-6463
Email: jembry@kde.state.ky.us

Jim Tackett

Regions 6 & 8
Southeast & south-central KY
Phone: 606-862-0282
Email: jtackett@kde.state.ky.us

Joyce Swetlick

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Joyce L. Swetlick, M.P.H.

Healthy Hearts = Healthy Futures
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FAX: 606-783-5375
Email: jswetlic@kde.state.ky.us
Website: <http://www.kde.state.ky.us/osis/resources/tp/cv/default.asp>

FREE/INEXPENSIVE CURRICULA RESOURCES ON INDOOR AIR QUALITY

- ✓ **Indoor Air Quality Tools for Schools Curriculum** – grades K-3. Supplements the principles and materials in the IAQ Tools for Schools Action Kit. Contact Eugene Benoit at 617-918-1639 or benoit.eugene@epa.gov. Can be downloaded from www.epa.gov/region01/eco/iaq
- ✓ **Hydroville, USA: Challenge Problems for High School Students**. Case study about a newly renovated middle school that is having indoor air quality problems. \$20.00 from Science and Math Investigative Learning Experiences at Oregon State University 541-737-2388.
- ✓ **Health School Environment Curriculum** – Teaches about science and the environment. Has lesson plans, vocabulary sheets, activities, and lots of web resource links. Download free from www.ssec.org/cohasset. Choose LspinWC.
- ✓ **Teacher's Guide to Indoor Air Pollutants** is for grades 4-6 and cost \$25.00 from National Safety Council's Environmental Health Center – 1-800-557-2366.
- ✓ **AIR CURRENTS** is a curriculum using science and math principles to teach environmental education through indoor/outdoor air projects. Good resources, lesson plans, tips for teachers. Grades 6-12. \$20.00 Contact Northeast States for Coordinated Air Use Management at 617-367-8540.
- ✓ **Radon and Indoor Air Quality School Resource CD** is a tool for junior high teachers to develop IAQ curriculum for their students as part of the scientific method. Format is Adobe Acrobat Reader. The disk includes a variety of materials on both radon and indoor air and sample lesson plans in those areas. Contact Terrence Allan at 216-443-7500.

RE-ENROLLMENT UPDATE FROM K-CHIP

Kentucky children whose families make too much money to qualify for Medicaid, but too little to be able to afford health care may now qualify for health care coverage at no cost to their families. The Kentucky Children's Health Insurance Program (KCHIP) covers health care service costs to qualifying children until their 19th birthday. Although KCHIP has enrolled more than 36,000 children, it is estimated that approximately 100,000 more children are eligible.

All children who are eligible for KCHIP need to re-enroll each year. This is a process in which the parent updates the information provided on the original application, and the Department for Community Based Services (DCBS) checks income and other eligibility factors to see if the child is still eligible.

As of July 2000, this re-enrollment process is being done by mail. Families whose children have KCHIP will receive a form in the mail from their DCBS office about a year after their child first got KCHIP coverage. They need to fill in the information requested and mail it back to DCBS by the date noted on the form.

Please emphasize the importance of doing this to any family you work with – the child will lose eligibility for KCHIP if the parent doesn't complete and return the form within the specified response time.

If there are any questions about how to complete the form, families should contact their local DCBS office or call the KCHIP toll free line: 1-877-KCHIP – 18, or 1-877-KCHIP-19 for the hearing impaired. For Spanish-speaking callers, 1-800-662-5397. Visit the KCHIP website at <http://cfc-chs.chr.state.ky.us/chs/kchip/.htm>.

*From **KCHIP Clarion**, Summer 2000, and **Discover Educational News from the Henry Co. Public Schools Newsletter**, May 2000

HOW TO TURN TEENS INTO SUCCESSFUL QUIT- TERS

A training for anyone interested in helping young people stop using tobacco. This training is held on October 9-10th at the Lexington-Fayette County Health Department – Environmental Center, 333 Waller Ave., Lexington, Kentucky. The sessions are from 7:30 a.m. – 4:30 p.m. The cost \$325.00 per person includes curriculum for:

- TEG – research-based program that shows how to effectively deal with students who violate a school's tobacco policy.
- TAP – provides young people with the options, resources, education, motivation and support to stop using tobacco.

To register call Nancy Martin, tobacco control coordinator, Lexington-Fayette County Health Dept., 859-288-2457.

CARDIOVASCULAR HEALTH PROGRAM

The Kentucky Departments of Public Health and Education are cooperating on a CDC funded cardiovascular health project. Cardiovascular disease (heart disease and stroke) will kill more than 15,000 Kentuckians this year. That is more than all forms of cancer, pneumonia/influenza, and traffic crashes combined.

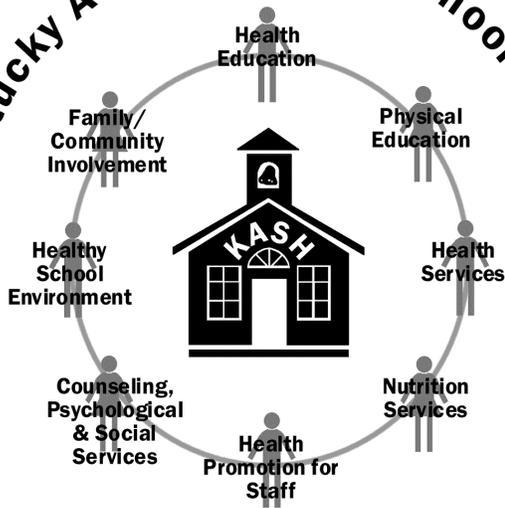
The Department of Education's focus is on developing curricula for students K-12 focusing on nutrition, physical inactivity, and smoking. The Health Department's focus is working with the broader community through the development of a coalition.

Highlights of both programs, with contact information, can be accessed via the web: kde.state.ky.us/osis/resources/tp/cv/default.asp, and <http://publichealth.state.ky.us/cardiovascular.htm>. The KDE site has free lessons and materials and lots of

CENTER FOR SCHOOL SAFETY TRAININGS CONTINUE

Trainings are free but registration is required. Topics this fall include *The Role of Educational Support Staff in Promoting School Safety*, *Promoting School Safety Through Service Learning*, *Safety by Design: Creating A Safer School Environment*, *Preparing and Responding to Crisis*, *Resiliency-Based Parent Training Curriculum*, *Solutions to Classroom Discipline Problems*. See

Kentucky Association for School Health



<http://www.kyschoolhealth.org>

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